

Frequently Asked Questions (FAQ)

Activity 7: Complete a 4-week Rally Mission Activity

1. How do I access Rally Missions?

Rally Missions are found on the Rally platform accessed through www.myuhc.com. Please see the instructions for registering and accessing Rally here:

<http://www.wellness.ri.gov/rfw2016-2017/Rally%20Registration%20Instructions.pdf>

2. What are Rally Missions?

Rally Missions are customized digital action plans designed to help you improve your life.

Mission recommendations are made just for you under four categories: Move, Eat, Feel and Care.

Each mission is designed to be simple, action-focused and attainable. Missions meet you where you are and help you take small steps toward better health.

3. How long do Rally Missions last?

All Rally Missions are 4-weeks long. You must join a mission and complete it during the time of offer to receive the incentive.

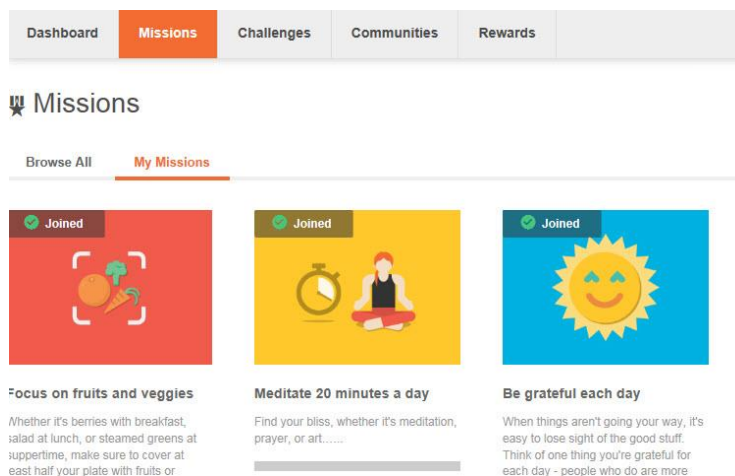
4. How do I join a mission?

To join a mission, please see step 3 in the Rally FAQ: <http://www.wellness.ri.gov/rfw2016-2017/Rally%20Member%20FAQs.pdf>

.Remember: For the 4-week Rally Mission Activity, you must join a mission during the time of offer (January 1, 2017 – March 15, 2017). If you join a mission before January 1, please join a NEW mission on or after January 1st for this activity.

5. Where can I see if I have joined a mission?

You can see which missions you have joined by clicking the MISSIONS tab on the top navigation bar. You will be brought to the Missions screen where you can click the “My Missions” tab to see which missions you have joined.



6. How do I know which mission to join?

Rally Missions are recommended for you based on your health survey responses. This makes it easy to know which mission to join. If you do not want to join one of the recommended missions, you can choose from the other missions available.

7. How do I check into a mission?

To learn how to check into a mission, please see step 5 in the Rally FAQ:
<http://www.wellness.ri.gov/rfw2016-2017/Rally%20Member%20FAQs.pdf>

8. How do I track my participation in a mission?

To track your participation, please see step 6 in the Rally FAQ:
<http://www.wellness.ri.gov/rfw2016-2017/Rally%20Member%20FAQs.pdf>

9. How do I successfully complete a mission?

To see if you have successfully completed a mission, please see step 7 in the Rally FAQ:
<http://www.wellness.ri.gov/rfw2016-2017/Rally%20Member%20FAQs.pdf>

10. What happens if I forget to check into my mission?

If you forget to participate in your mission for a week – it is ok! You can re-engage at any time and pick up where you left off on the mission.

For example, you participate in 2 weeks of a mission and then go on vacation and do not participate in week 3. When you return from your vacation, you will still be on “Week 3” of the mission. You can participate again where you left off.